

Turkey Lasagna

Ingredients

- 6 whole-wheat lasagna noodles
- Canola oil cooking spray
- 1 medium onion, chopped into medium pieces
- 1½ pounds (4 to 5 cups) cooked turkey breast, diced
- 1 teaspoon dried oregano
- 15 ounces low-fat ricotta cheese
- 1 large egg, beaten
- 1 10-ounce package frozen spinach, cooked per package directions, well-drained
- 3 cups low-sodium marinara sauce
- 1 cup part-skim milk mozzarella cheese, shredded

Preparation

1. Preheat oven to 375° F.
2. Cook lasagna noodles according to package directions. Set aside on cloth towel.
3. Spray large skillet with cooking oil. Over medium heat, cook onion until soft. Add turkey. Cook until heated through. Stir in oregano.
4. In medium bowl, mix together ricotta, egg and spinach.
5. Place 1 cup sauce in the bottom of 13- by 9-inch baking dish. Spread to cover the bottom.
6. Layer with 3 lasagna noodles, half the ricotta cheese mixture and half the turkey mixture. Repeat layering, starting with sauce. Follow with cheese, then turkey mixture. Top with mozzarella.
7. Cover with aluminum foil, and bake for 40 minutes. Remove foil. Bake for an additional 10 to 15 minutes or until bubbling and top is golden-brown. Let stand for 10 minutes before serving.



Courtesy Photo by Wallner Photography

Nutrition Facts

Yield 8 servings

Amount Per Serving

Calories 290

Calories from fat: 72 (25%)

Fat 8g

Saturated Fat 3.5g

Sodium 280mg

Carbohydrate 22g

Dietary Fiber 3g

Protein 34g

Find more recipes
and tips for
healthy living at
Source4Women.com

Recipe Source:

Healthy Mind Healthy Body®

e-newsletter recipe

© 2012 United HealthCare Services, Inc.